

Basic Report 06731, Soup, bean with bacon, condensed, single brand

Report Date:October 07, 2015 16:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 1/2 cup 128g
Proximates			
Water	g	70.90	90.75
Energy	kcal	117	150
Protein	g	6.50	8.32
Total lipid (fat)	g	2.10	2.69
Carbohydrate, by difference	g	18.00	23.04
Fiber, total dietary	g	4.6	5.9
Minerals			
Iron, Fe	mg	1.37	1.75
Sodium, Na	mg	672	860
Vitamins			
Vitamin A, IU	IU	183	234
Lipids			
Fatty acids, total saturated	g	0.601	0.769
Fatty acids, total monounsaturated	g	0.747	0.956
Fatty acids, total polyunsaturated	g	0.446	0.571
Cholesterol	mg	3	4